

Wolf Pack WARRIOR

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8th Fighter Wing, Kunsan Air Base, Republic of Korea

May 9, 2003



Twisted Sister

Heavy metal band rocks the Wolf Pack during United Service Organizations sponsored concert.

See page 4

NEWS BRIEFS

15th Marine Sgt. Maj. named

Commandant of the Marine Corps Gen. Michael W. Hagee announced Marine Corps Sgt. Maj. John L. Estrada has been selected to be the 15th sergeant major of the Marine Corps. Estrada is currently serving as sergeant major for the 3rd Marine Aircraft Wing, based at Marine Corps Air Station Miramar, Calif., and is forward-deployed in support of Operation Iraqi Freedom.

Recruiting team to visit Kunsan

The recruiter screening team from Randolph Air Force Base, Texas, will visit Kunsan May 23. Senior airmen through master sergeants with less than 16 years time in service are eligible for recruiting positions. The one-hour briefing will be at 10:30 a.m. in Loring Club. For more information, call Master Sgt. John Pupo at 782-9404.



Photo by Staff Sgt. Derrick C. Goode

One for all, all for one

From left to right, Capts. Tally Parham and Mary Melfi and 1st Lt. Julie Ayres walk down the flightline at a forward-deployed air base in the Middle East Saturday. The three officers are assigned to the 379th Air Expeditionary Wing and flew combat missions during Operation Iraqi Freedom.

Play 'Korean' American Idol

The American Forces Network Korea is sponsoring a peninsula-wide talent search for the top singers to participate in an American Idol-style competition. Wolf Pack radio is selecting two people each morning between 8 and 9 p.m. through May 16. An elimination round will be held May 17 and 10 finalists from Kunsan will travel to Yongsan Army Garrison, Seoul, to compete with servicemembers from throughout the peninsula. For more information, call AFN Kunsan at 782-4373.

'Northern Watch' comes to end

The Combined Task Force Operation Northern Watch guidon was encased May 1, in a ceremony signifying the successful end to its mission of enforcing U.N. Security Council Resolutions north of the 36th parallel. Gen. Charles F. Wald, U.S. European Command deputy commander, officiated the ceremony — an irony since he was the first U.S. officer on the ground in Incirlik Air Base, Turkey, to support Operation Provide Comfort in 1991.



Photo by Staff Sgt. Maritza Freeland

LEADER OF THE PACK: Col. Guy Dahlbeck, who's served as "the Wolf" since May 2002 turns command of the Wolf Pack over to Col. Robin Rand during a ceremony 10 a.m. Wednesday in Hangar 3.

'Wolf' bids farewell to Pack

By Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

Col. Guy Dahlbeck will relinquish command of the 8th Fighter Wing and the coveted title, "Wolf," in a change of command ceremony here at 10 a.m. Wednesday in Hangar 3.

Lt. Gen. Lance Smith, 7th Air Force commander, will preside over the function and will pass the 8th FW guidon from Dahlbeck to the incoming commander, Col. Robin Rand, a tradition which symbolizes the changing of command.

Dahlbeck, who took command of the Wolf Pack in May 2002, was selected for promotion to brigadier general in April and is moving to an assignment as deputy chief of staff for North American Aerospace Defense Command/Northern Command at Peterson Air Force Base, Colo.

During his tenure as commander, the colonel ensured the wing stayed focused on executing its wartime mission — defend the base, accept follow-on forces, take the fight north — but also placed an increased emphasis on improving quality of life, both in and out of work centers.

One noticeable change from past Kunsan commanders was Dahlbeck's insistence that the Wolf Pack balance

exercises with quality of life concerns.

The "great experiment" as he referred to it in a post-Operational Readiness Inspection radio interview, included the development of training days focused on specific areas of improvement. Throughout the wing, it became clear that the Wolf's focus was on making sure the Wolf Pack was ready to fight, not just ready to pass an inspection.

That team effort culminated in April with the announcement that the 8th FW had earned an "Excellent" rating for its ORI performance. Those results capped off a year that saw the Wolf Pack weather Typhoon Rusa, reorganize its operational structure, host visits by the secretary and chief master sergeant of the Air Force, receive and support forces from Holloman Air Force Base, N.M. and support Foal Eagle operations — all while implementing countless infrastructure improvements and protecting the peninsula daily.

It's that endless effort that, on the eve of the ORI, prompted the Wolf to tell the wing, "It's that kind of performance that makes us such a powerful part of our nation's defense... Who am I with? Each of you... and very proud of it."

Dear Wolf Pack,

It'll be with great pride and a deep sense of accomplishment that I hand the flag to Wolf 42 next week.

I'm proud of all that we've done together to achieve the three things I ask of everyone when they arrive here — to make the Wolf Pack better, to make ourselves better and to have fun.

There is no question we've made the Wolf Pack better. Simply, you are part of the best war fighting team on earth. We've added new equipment, capabilities and processes that combine to increase our lethality many times over. And we've adjusted how we train and won many, many battles for the resources to improve how we live. Just look around and you can see what I mean. I've learned so much about so many things from so many of you and I'm better because of it and profoundly grateful. And finally, I've had a great time in the process.

The late Robert Kennedy once said, "some men see things as they are and ask why; I dream things that never were and ask, why not." Wolf Pack you have asked why not and have done something about it. Our nation, our Air Force, and the 8th Fighter Wing are better because of it. You make a difference and it's been a privilege to serve as your Wolf. God bless.

— Wolf

Air Force expectations lead to higher goals

By Master Sgt. Marty Anderson
14th Medical Group

COLUMBUS AIR FORCE BASE, Miss. — Throughout my Air Force career, I was fortunate to have excellent supervisors, first sergeants and chiefs who would sit me down and explain the Air Force’s expectations.

Those expectations have helped me meet both my professional and personal goals, and have taught me how my own actions can have a positive or negative impact while serving my country in the Air Force. I would like to share with you those words of wisdom that have helped me become successful as a senior non-commissioned officer and first sergeant.

I was a two-striper right out of technical training school when my very first lesson came from a chief. He told me I was going to be part of the unit’s Christmas party committee. Your assumptions regarding “chiefs didn’t ask what you wanted to do, instead told you what you were going to do,” would be correct. So, at the first meeting, the squadron commander asked me what I thought. I told him I heard last year’s Christmas party was “not that good” and made a suggestion. For some reason the commander was not happy with what I had said.

I told my chief what had happened and said I may have upset the commander. I explained what I said while reminiscing about how I have enjoyed my one-year in the Air Force. He told me not to worry about it. He said if someone asks you question and he or she doesn’t want to know the answer, that person never should have asked the question to begin with. What he told me was that sometimes people need to hear the truth whether they like it or not. He took “integrity” to another level.

People need to know the truth. This may mean telling your supervisors when things are going well or not going well. It also may mean telling your troops they are either outstanding or need some improvement. If you are trying to help a troop who needs improvement, be honest, sincere, have a mindset you are trying to help him or her improve and you will increase your chances of a positive outcome.

Too often, supervisors wait for

“NCOs must demonstrate the whole person concept through their actions and not just in their words. NCOs must look sharp and act professionally.”

someone else to correct a problem or address an issue. By the time someone finally takes care of the problem, it has escalated. People want to know what is expected and how they are doing. Don’t disappoint them.

A staff sergeant, who’s now a senior master sergeant, taught me what comes around goes around. If you work hard and take pride in what you do, in the end you will be rewarded (personally and professionally). It may not be right away, but it will happen, particularly when you least expect it.

The point he made to me was to do things because you know what needs to be done. It is your job and will show you care. Then at some point in time, someone will surely recognize your efforts. He also said never be the person who says, “What’s in it for me?” I guess he understood the concept of “service before self” before it was named one of the Air Force’s core values.

A chief first sergeant grabbed me by the ear when I was promoted to staff sergeant. He explained that NCOs take pride in what they do and who they are and they fulfill their NCO responsibilities and work hard to take care of their people. That may mean being the first person to reprimand a troop if he or she fails to meet standards, or staying late and submitting their troop for a quarterly award or decoration. He also ensured I fully understood NCOs have a responsibility for getting involved when their troops have personal or professional problems.

This is not a choice but an obligation. He stated NCOs ensure their people are trained and have the information needed to make the right decision in a variety of situations. This is accomplished because NCOs take the time to speak with their troops regarding standards, conduct, problems and most importantly individual responsibilities on a variety of issues. The information he shared with me during that very short one-sided conversation taught me that I represent more than just myself. His last statement to me meant that by not fulfilling my NCO responsibilities I could erode the time-honored respect and courtesies that so many others before me have worked hard to earn.

If I did anything to jeopardize the trust placed in me or failed to meet my obligations as an NCO, he would have personally ensured I was no longer a NCO in the United States Air Force.

NCOs must demonstrate the whole person concept through their actions and not just in their words. NCOs must look sharp and act professionally. They go to school to better themselves so they may use the knowledge to better the Air Force and the people they supervise. NCOs are involved in the squadron, base and the community.

I know I wrote this article from an NCO’s perspective. I am a NCO and very proud of it. But if you read this and said, “Well this is for NCOs and doesn’t apply to me,” you’ve missed the message. I was fortunate to meet individuals, both supervisors and friends, in the Air Force who cared enough about me to take time out of their busy lives to help me improve and achieve not only Air Force goals but personal goals as well.

I truly believe sitting down with someone and sincerely discussing expectations, problems, and/or future goals, organizational and personal, has a positive impact on that person’s life. This is your responsibility at every level. When providing feedback to your troops, don’t view it as a task but as an opportunity to help your people improve and make the Air Force a better place for us all.

I have one final thought. Never think of yourself as just an airman basic, staff sergeant or master sergeant. Think of yourself as a professional airman, NCO, senior NCO, serving your country in the Air Force. Your experiences will be so much more rewarding.

Action Line 782-5284



Col. Guy Dahlbeck
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
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Weekend trips
Q: I work in a very small shop and we are being told that only four of us can leave the base at any given time. I’ve been told that individuals in my shop who are on leave count against the total number of people being able to leave the base. I was just wondering if this rule was correct and if so is there a base policy letter on it? Also, I have a few friends at Osan and they’ve never heard of any such rules. I’m sorry for bothering you with this but I really hope you can help me out and point me in the right direction. Thanks for your time.

A: It is no bother at all; I'm happy to help clarify the policy. Our Community Standards address our leave and recall policy that is based upon guidance from the Commander U.S. Forces Korea commander. That guidance allows no more than 10 percent of our people to be on leave at any time and it also requires that 80 percent of our people be able to be recalled within two hours.


The reason for this is that we must be able to respond to a military crisis quickly, which is why we are forward based here in Korea. Osan Air Base is subject to the same rules as we are. We view Osan as being within the two-hour window. Squadrons may require members to sign out with their orderly room even if traveling within the two-hour limit so that commanders can maintain accountability.

The final approval authority for all leave rests with the member's squadron commander or staff agency chief and I encourage them to carefully manage their ability to respond but also to look for creative ways to allow our people to be able to travel and enjoy Korea.



Wolf Pack Radio 88.5 FM
Weekdays — 5 to 10 a.m.
Request songs at 782-4373 or
www.afnkorea.com

 **News**
 **Top 40 Music**
 **Requests @ 782-4373**



WOLF PACK WARRIOR
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Defend the base
Accept follow-on forces
Take the fight North

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Content

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.


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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	366	93
80th FS	351	93
8th FW	717	186



Forces needed to secure Iraq unknown

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON — The number of American and British forces needed to secure Iraq in the long and short term is “not knowable,” Defense Secretary Donald Rumsfeld said in London May 2.

Rumsfeld met with British Defense Minister Geoffrey Hoon during a short stop in London following a weeklong tour through the Arabian Gulf and Afghanistan. The two held a press conference at Heathrow Airport just before Rumsfeld departed for Washington.

“What we do know is we’ll have as many forces in the country as is necessary to see that it is a sufficiently secure and permissive environment so that the humanitarian and reconstruction work can go forward,” Rumsfeld said, “and so that the Iraqi people can fashion some sort of interim governmental authority, and then, ultimately, a final authority.”

The number of troops necessary depends on “so many variables” that have yet to be determined, the secretary said, adding he hopes the stabilization mission will be accomplished by a broad coalition.

At some point, he said, international officials will be discussing what role the United Nations plays in post-war Iraq. “Personally, I’m hopeful they do play a role,” he said.

Rumsfeld echoed some points President Bush made during his speech May 1 aboard the aircraft carrier USS Abraham Lincoln, most notably that Iraq remains a dangerous place.

“It would be a terrible mistake to think that Iraq is a fully secure, fully pacified environment,” Rumsfeld said. “It is not. It is dangerous. There are people who are rolling hand grenades into compounds. There are people that are shooting at people, and it’s not fin-

“It would be a terrible mistake to think that Iraq is a fully secure, fully pacified environment.”

— Donald Rumsfeld
Secretary of Defense

ished.”

Iraqis attacked American soldiers in the northern city of Fallujah May 1, injuring seven American soldiers. In addition, roughly a dozen incidents of shots exchanged between Iraqis and American forces have occurred in various locations around Iraq in the past week.

Hoon noted efforts to find weapons of mass destruction within Iraq are “continuing as we speak.” He said Saddam Hussein had made determined efforts throughout the years-long U.N. inspection process to dismantle and hide such weapons and their components.

“We’ve always made clear that the effort to locate and precisely identify weapons of mass destruction would take some time,” he said.

Hoon also said he doesn’t know if Saddam Hussein is dead or alive, but that efforts to determine his whereabouts and condition continue. “We are continuing to look for all those who were engaged in what we judge to be criminal activities on behalf of (Hussein’s) regime,” the minister said.

During their meeting, Hoon said, the two men discussed rebuilding efforts in both Iraq and Afghanistan. “They both have to be restored as cooperative members of the international community,” he said.



Photo by Staff Sgt. Cherie A. Thurlby

HUMANITARIAN RELIEF: OPERATION IRAQI FREEDOM — A U.S. Air Force security forces member provides airfield security for the first civilian aircraft that landed on the commercial runway at Baghdad International Airport April 24. Baghdad International Airport is a base of operations for U.S. troops, cargo and humanitarian airlift for Operation Iraqi Freedom. President Bush declared an end to major combat in Iraq in a speech on the USS Abraham Lincoln May 1.

Electronic travel vouchers come to Kunsan Air Base

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

Wolf Pack members will soon be able to file an electronic travel voucher, using a paperless process similar to that of LeaveWeb.

A three-person finance team from Bolling Air Force Base, Washington, D.C., is here training 8th Fighter Wing Comptroller Flight personnel on the new program for the next three weeks.

The program, called Defense Travel System Limited, is paperless, but unlike LeaveWeb, it isn’t accessed through the web, said Sandra Peace, team chief from Bolling AFB.

“This program will be installed on computer systems in each organization on base,” said Peace. “Travelers will electronically submit the voucher and no longer have to print it out and physically take it to the finance office.”

Beyond being a more efficient system, the new program also offers other benefits to Wolf Pack members.

“When travelers use this system, an electronic copy will be saved in the database, ensuring records aren’t lost,” said Peace.

Finance troops are currently training to not only learn the new program, but also to train other organizations how to use it. Throughout the upcoming two weeks, troops will get hands-on training by entering dummy information into a mock database, then walking through the daily procedures to produce daily mock products.

“The program will be available to [Wolf Pack members] as soon as organizations are trained and functionally using



Photo by Senior Airman Andrew Svoboda

VOUCHERS MADE EASY: Grace Conroy, part of a finance team from Washington, D.C., trains Staff Sgt. Jon Dye, 8th Communications Squadron, on the new travel voucher system. Fund verifiers, certifying officials and administrators are currently receiving training on the new system. Now travel records shouldn’t be lost.

the program,” said Peace. “We hope to have at least two organizations trained before we leave.”

This program brings Kunsan in compliance with a mandate by the Secretary of the Air Force and Comptroller that all Pacific Air Forces begin using the program by the end of fiscal year 2003. A similar program has already been implemented in U.S. Air Forces in Europe and several bases in the United States.

DOD expands vaccination eligibility list

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON — Adult family members of some servicemembers have joined the list of those eligible to receive smallpox and anthrax vaccinations.

According to Department of Defense officials, the voluntary vaccinations are available to adult military family members, all DOD appropriated and nonappropriated fund employees and their adult family members. The policy also applies to all DOD contractor employees assigned to or living in designated higher-threat areas, including State Department missions.

Contractor employees must receive authorization from their employers before vaccination, and contractor-employee family members are not eligible, the officials said.

Existing policies remain in effect for mandatory vaccination of military members, emergency essential civil service employees and mission essential contractors assigned to higher-threat areas, said Lt. Col. Gwendolyn Hall, chief of the counter proliferation policy branch in the national security policy division at the Pentagon.

“The (voluntary) vaccines will be administered in accordance with current policy,” Hall said. “The only difference is volunteers will have to sign a vaccine acknowledgement form prior to receiving the vaccine.”

All who receive the vaccines

undergo a thorough education and pre-screening program. During the screening, health-care professionals are available to answer questions about the vaccine and any possible adverse reactions, including recent media reports of a possible correlation between the smallpox vaccine and heart trouble.

According to Maj. (Dr.) Mylene Huynh, service officials have updated the policy regarding vaccine exemptions. Huynh is deputy of the operational prevention division for the Air Force Medical Operations Agency at Bolling Air Force Base, Washington, D.C.

“It’s not known whether smallpox vaccination is a causal or a coincidental association with heart attack,” she said.

Still, Huynh said, the Centers for Disease Control and Prevention issued a precautionary recommendation, adopted by the DOD and Air Force, that people with certain risk factors not receive the vaccination.

“People with conditions such as prior heart attack, angina, congestive heart failure, cardiomyopathy, stroke or other cardiac conditions currently being evaluated by a physician are exempt from smallpox vaccination,” she said.

In addition, people with three or more cardiac risk factors are exempt from vaccination, she said. Those conditions include high blood pressure, high cholesterol, diabetes, a family history of heart disease and current cigarette smokers.

For more information, call the immunizations clinic at 782-5261.



Photo by Senior Airman David Miller

Dee Snider, lead singer, of Twisted Sister sings one of the band's hits during a United Service Organizations concert here Saturday. This is the first time in 16 years the original band members have played together. The band reunited for a three show USO tour of Korea.

Twisted Sister rocks Wolf Pack

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

Members of one the 1980's premiere heavy metal bands, Twisted Sister, donned full makeup and costumes for a performance here Saturday.

This concert, which kicked-off a three show United Service Organizations tour of Korea, was the first time all five original members played together in full makeup since the decade of big hair and spandex.

In a hail of simulated gunfire, Twisted Sister arrived aboard a high mobility multi-purpose wheeled vehicle motorcade and took the stage for the first time together wearing full makeup in 16 years without missing a beat. Wearing make-up, pink spandex and acid washed jeans, the band looked like they stepped out of a time warp from the '80s to show members of the Wolf Pack they definitely "wanna rock."

The band played hits like "I Wanna Rock" and "We're Not Gonna Take It" for an audience pretty evenly divided between U.S. and Republic of Korea military members.

The band also played a number of other songs including "Under the Blade" and "Destroyer."

"We wrote a bunch of military anthems, and we didn't even know it," frontman Dee Snider told the audience between songs.

With a career that began in 1973, the band has played thousands of shows over the years, so getting back into the routine was not a problem, according to bass player Mark "The Animal" Mendoza.

"We had a few practices, and it all came right back to us," said Mendoza. "[Being part of Twister Sister is] very natural, like riding a bike."

Although this was the band's first show in make-up, Saturday's concert wasn't Twisted Sister's official reunion. The band, which hails from Long Island, N.Y., got together to play some benefit shows in the wake of the Sept. 11 attacks.

"We decided to get together and raised about \$125,000 for widows and orphans of the New York Fire Department," said Mendoza. "We had no intentions of getting back together, but the USO asked us to do some shows. We were all like, 'Hell yeah, we'll do it.' There was no hesitation; we were like,



Photo by Staff Sgt. Chuck Walker

Twisted Sister's Jay Jay French, co-lead guitarist, and Mark "The Animal" Mendoza, bass guitarist, play for about 300 Wolf Pack members Saturday.

"Let's roll the dice and see how this goes."

Despite band's enthusiasm to play to an all-military audience for the first time, real-world events changed the plans a bit.

"We were scheduled to do shows in the Middle East, but then the war broke out," said Mendoza. "So, then they asked us to go to Korea. We were like, 'look, tell us where you want us to go, and we'll go.'"

In the few short days they spent in country, when they weren't sound checking, rocking the base, signing autographs or trying to catch a little sleep, the band had the opportunity to see the military up close and personal. The band flew from base to base in Army Chinook helicopters. During their stay at Kunsan, Twisted Sister went to the flightline to check out an F-16 and had lunch with troops at the O'Malley Inn dining facility.

"We've gotten the red carpet treatment the entire way, the hospitality has been incredible," said Mendoza. "We're very pro-military. You guys are doing a helluva job. No matter what base or what service you're in, we've met many people here away from their families and no matter the hardship, still do an incredible job. The military is our heroes."



Photo by Senior Airman David Miller

Dee Snider points to the crowd when it's their turn to sing along with the band's hit "We're Not Gonna Take It" during Twisted Sister's USO concert.



Photo by Staff Sgt. Chuck Walker

Wolf Pack members who helped with the Twisted Sister visit rock with the band on stage Saturday.

New program honors servicemembers' parents

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — A new program will help airmen honor those who are often their biggest supporters — their parents.

All uniformed airmen can now sign their parents up to receive a new “P” lapel pin. The pins are about three-fourths inch square and feature a silver letter “P” cradled within the Air Force symbol.

A personalized letter to the parents from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper will accompany the pins.

“We could not protect America’s freedom without the incredible people who are willing to carry on the Air Force tradition,” the letter reads. “As the proud parents of one of those airmen, your support continues to be critical to our ongoing efforts and makes a real difference to our country.”

“This is a way to build and maintain public support for the global war on terrorism,” said Brig. Gen. Edward Tonini, director of Your Guardians of Freedom, the Pentagon office responsible for the “Parent” pin effort. “Demographically, the people most likely to wear the pin with the greatest amount of pride — to church, to Rotary Club meetings or to the grocery store — are our parents.

“By wearing this pin, parents will let you know of the pride they have in you,” Tonini said. “When they wear that pin out, their friends will ask about it. Your parents will tell them about you and your service, and how proud they are of you.”

Those who would like their parents to receive the “Parent” pin can sign up at the Your Guardians of Freedom Web site at <http://www.yourguardiansoffreedom.com>. Signing up will require airmen to enter the names and addresses of up to two parents or parental figures, Tonini said. The program is vol-



Courtesy graphic

Airmen can now sign up to have a “parent” pin sent to their parents or parental figures who tend to be their biggest supporters. This program is voluntary and costs nothing.

untary and comes at no cost to those participating.

The distribution of the “Parent” pin and accompanying letters is the second major effort by the relatively new Your Guardians of Freedom office. The first was the “E” pin campaign, started in November 2002, in which pins featuring an “E” and personalized letters are sent to the civilian employers of Air National guardsmen and reservists.

Both pin programs are contemporary adaptations of public support campaigns carried out during World War II. The Your Guardians of Freedom program is designed to continue those traditions by ensuring the continued support of Air Force activities by those who do not wear the blue uniform, but stand behind those who do, Tonini said.

“Your Guardians of Freedom is an outreach program targeted at what we consider the core constituencies that the Air Force requires to do its work,” Tonini said. “If we are going to keep people in the Air Force ... we need programs targeted at their families ... and their extended families. In the case of the Reserve and Guard, that also includes civilian employers.”

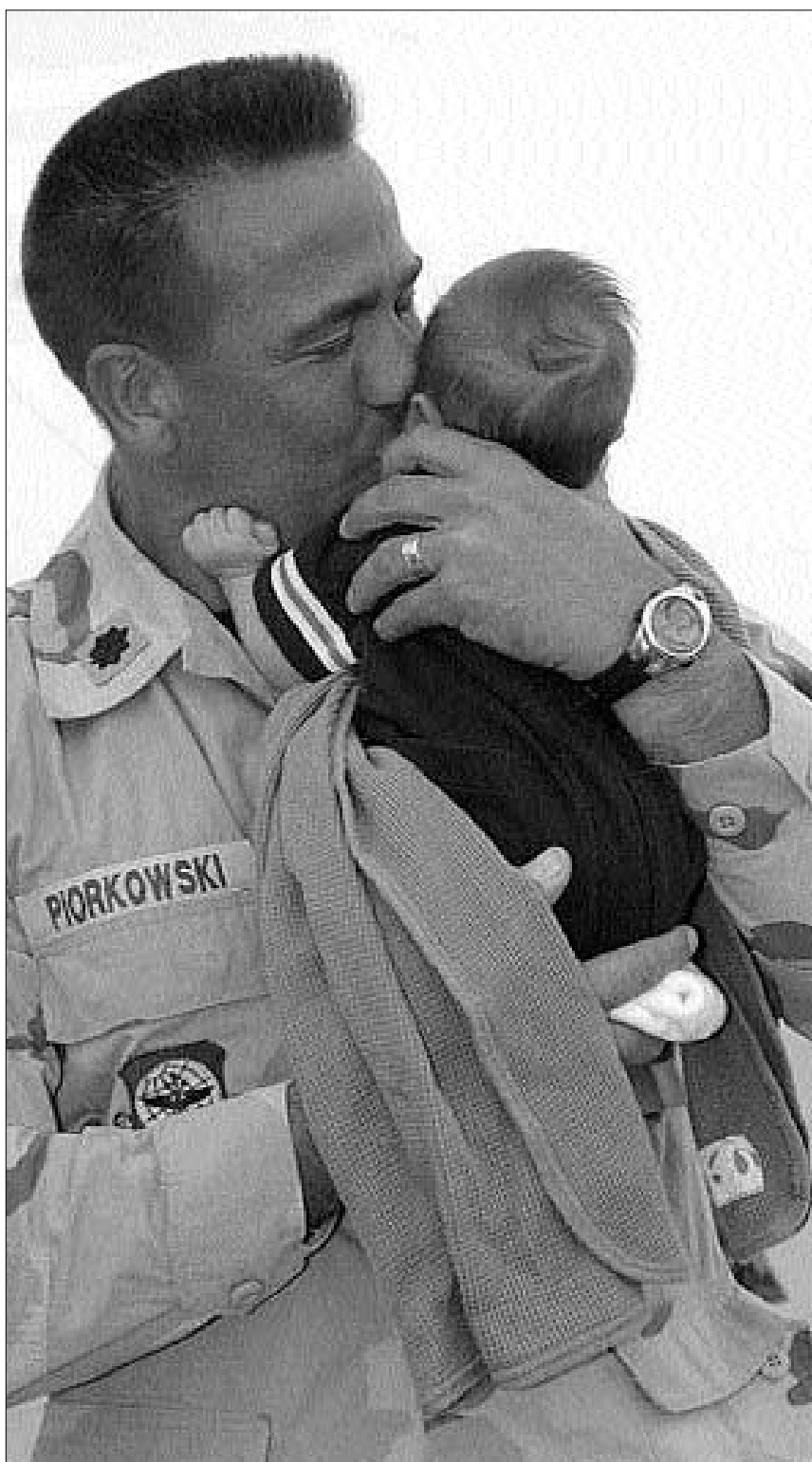


Photo by Airman Angelique Smythe

LOVE AT FIRST SIGHT: Lt. Col. Gary Piorkowski kisses his 3-week-old son, Jake, for the first time. Piorkowski is assigned to the 22nd Medical Group at McConnell Air Force Base, Kan. He returned May 2 after supporting Operation Iraqi Freedom for more than 2.5 months.

PRIDE OF THE PACK

Job: 8th Communications Squadron unit education and training manager

Duties: I manage the squadron’s training program.

Hometown: San Antonio, Texas

Follow-on: Aviano Air Base, Italy

Hobbies: Singing, fitness, and arts and crafts.

Favorite music: All Kinds

Last good movie you saw: “How to Lose a Guy in 10 Days”

Best thing you’ve done at Kunsan: I spent a day with a Korean family up in Seoul.

“Sgt. Henning is absolutely the best training manager I’ve seen in my 20 years with the Air Force. She took a strong personal interest in the success of this squadron, and she has worked extremely hard to achieve it. Her professionalism and commitment are inspirational. She is one of those people you have to tell to ‘go home’ to keep them from burning out. She’s never satisfied with anything less than perfection. It’s a joy to work with someone you can rely on to do an excellent job every single time. Sgt. Henning never has a bad day and she’s always ready to go the extra mile to help others.”



Tech. Sgt. Manuela V. Henning

Capt. Bryan Sharber
8th Communications Squadron

OG honors quarterly award winners

The following are 8th Operations Group quarterly award winners:

Maj. Alan Noland, 35th Fighter Squadron, flight commander

Capt. William Lee, 35th FS, flight lead

1st Lt. Jesse Colwell, 35th FS, wingman

Capt. John Vargas Jr., 80th Fighter Squadron, instructor pilot

Maj. Christopher Wilkowski, 80th FS, field grade officer

Capt. Alan Wigdahl, 8th Operations Support Squadron, company grade officer

Senior Airman Misty Jensen, 35th FS, squadron aviation resource manager

Senior Airman Brian Spruill, 8th OSS, controller

Capt. Beth Meyers, 8th OSS, intelligence

Senior Airman Jay Barrowmann, 35th FS, life support

Senior Airman Ottis Scales, 35th FS, operations support

Senior Airman Guillermo Ybarra, 8th OSS, weather

Senior Airman Christopher Ammerman, 8th OSS, airman

Staff Sgt. Bobbie Schroader, 8th OSS, NCO

Master Sgt. William Melton, 8th OSS, Senior NCO

Courtesy of the 8th Operations Group

Correction: In last week’s Pride of the Pack, Staff Sgt. Cory Perkins, 8th Maintenance Squadron Precision Measurement Equipment Laboratory, was misidentified as Tech. Sgt. Richard Cleveland, 8th Fighter Wing. The Wolf Pack Warrior staff apologizes for the error.

Army vehicle maintenance ensures patriot missile batteries are...

READY TO ROLL

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

Maintaining mobility is one of the most important aspects of the Army's patriot missile batteries. As with all Air Defense Artillery units, the Echo and Foxtrot Batteries here must be ready to pack up operations and move at a moment's notice.

That mobile capability would not be possible without vehicle maintenance soldiers.

These mechanics work on a variety of vehicles used to transport supplies, troops and most importantly, the Patriot missile equipment.

The vehicles mechanics work on here are separated into two main categories, light- and heavy-wheel vehicles; light weighing five tons or less and heavy being more than five tons. These include fuel tankers, high mobility multipurpose wheel vehicles, and cargo trucks and wreckers.

Since the patriot batteries are located on the far side of the flightline, just getting troops to work each day is an important function of the vehicles. Mechanics ensure vehicles remain in working condition with regularly scheduled maintenance, during which they run a diagnostic test and checklist on every part of the vehicles.

"The only thing we don't do is clean them and paint them," said Army Sgt. Stephen Burris, a light-wheel mechanic.

Burris has been a mechanic in the Army for 12 years. Before joining the Army, he enjoyed working on his truck in his spare time but didn't have any official training in mechanics. As a mechanic in the Army, Burris gets to work on a variety of vehicles — in addition to being licensed to operate everything he drives.

"Being able to work on different vehicles is interesting, and we get to drive vehicles too," said Burris. "We must do an initial road test to check the steering, braking and see if there's any other problems before doing work in the shop."

Sometimes the level of maintenance required is more than what can be handled here.

"If a vehicle needs major work done, like rebuilding an engine or other modifications, we must tow it to another shop up north for repairs," said Burris.

In addition to the wide variety of vehicles, the mechanics could be assigned to a variety of other units, such as track or armored vehicle units. The way mechanics are trained in the Army and the design of vehicles allows to soldiers to move to other units without much difficulty.

"Pretty much all the vehicles are built the

"The vehicles have to be ready, because at any given moment, we could be told to move 30 miles down the road."

— Army Sergeant 1st Class Brian Pirtle
1-43rd Air Defense Artillery motor sergeant

same way and are the same under the hood," said Army Pfc. Aaron Yarbrough, a heavy-wheel mechanic.

Yarbrough, who graduated high school with honors in auto shop, has only been in the Army seven months and recently finished advanced individual training, which is the Air Force equivalent of technical school.

"At AIT, we learned general basics of vehicle maintenance," said Yarbrough. "If we get sent to a unit with a vehicle we haven't worked on before, we learn on the job."

Although Yarbrough has previous experience in mechanics, working Army vehicle maintenance is unlike anything he's done before.

"[This job] shows me something new," he said. "I'm learning about vehicles I would have never worked [on the outside]," said Yarbrough. "For example, I've never worked with diesel. That's a new experience."

"I'm doing what I like best and doing well at

it," he added.

In order to get all the vehicle maintenance functions accomplished, mechanics at the motor pool work with soldiers in a number of other specialties. Automated logistics specialists order parts and update maintenance request forms, which tell when scheduled maintenance is due.

Other soldiers in the motor pool work as fuelers. These troops provide fuel, oil and lubricants and oversee the storage of hazardous waste material. Generation soldiers also work in the motor pool, repairing generators used on site to power patriot missile equipment.

Like in any other motor pool in the Army, the mechanics here must maintain a 90-percent readiness standard on all the equipment they work on.

"The vehicles have to be ready, because at any given moment, we could be told to move 30 miles down the road," said Army Sgt. 1st Class Brian Pirtle, the motor sergeant for ground equipment maintenance. "If the truck that pulls the radar is down, then the battery is down. We're instantly immobile. Our vehicles also get the soldiers on site where the equipment is."

Whether they're helping soldiers merely get to work, or ensuring the mobility of patriot missile equipment across the peninsula, the Army's vehicle mechanics are here to keep operations rolling.



Photo by Staff Sgt. Chuck Walker

Army Spc. Kevin Bishop, Foxtrot Battery vehicle mechanic, scrapes insulation from the interior of an M984 wrecker.



Photo by Staff Sgt. Chuck Walker

Army Spc. Byron Ruise, Foxtrot Battery vehicle mechanic, grabs wrench from the tool storage room.



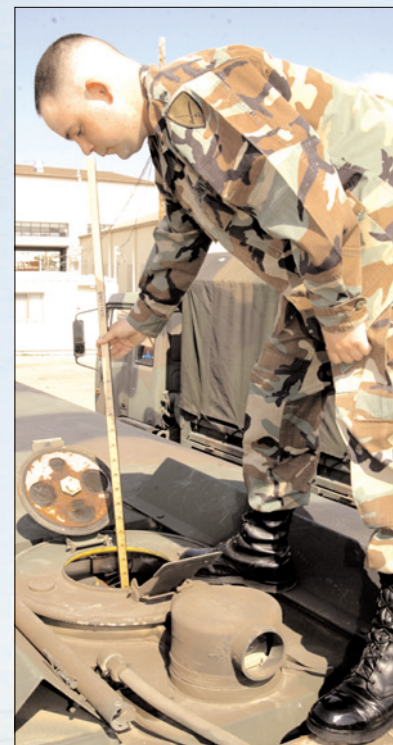
Photo by Senior Airman Andrew Svoboda

Army Spc. Michael New, Echo Battery vehicle mechanic, checks the oil in a high mobility multipurpose wheeled vehicle, commonly known as a HMMWV.



Photos by Staff Sgt. Chuck Walker

Above: Army Sgt. Stephen Burris, Echo Battery vehicle mechanic, replaces the half shaft on an M998 HMMWV.



Right: Army Pfc. Brandon Vaughn, Echo Battery vehicle mechanic, stands atop an M978 fuel truck to check the fuel level with a dip stick. This is part of the vehicle's weekly checks and services.





Today

Free food The Loring Club offers club members a pasta buffet 6 to 9 p.m. in the ballroom. For more information, call 782-4312 or 782-4575.

SonLight Inn The 8th Aircraft Maintenance Squadron and 35th Aircraft Maintenance Unit host a free meal at 6 p.m. at the SonLight Inn. The meal includes chili, potato salad and a dessert. For more information, call 782-4300.

Smorgasbord buffet The Loring Club hosts a super smorgasbord 11 a.m. to 1 p.m.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Saturday

Nine-pin tournament The Yellow Sea Bowling Center hosts a nine-pin bowling tournament starting at 6:30 p.m. The entry fee is \$13. For more information, call 782-4608.

Latin night The Loring Club hosts a Latin night the ballroom. For more information, call 782-4313 or 782-4575.

Darts tournament The Falcon Community Center hosts a darts tournament at 2 p.m. The winner receives a phone card.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are

\$10/\$9 one way and \$20/\$18 round trip.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

Dart tournament The Loring Club sponsors a dart tournament at 7 p.m. For more information, call 782-4575 or 782-4312.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Mexican buffet The Loring Club has a Mexican buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Bowling lessons The Yellow Sea Bowling Center offers bowling lessons by an experienced bowler noon to 2 p.m., 6:30 p.m. and 8:30 p.m. The cost is \$1 a game.

Movie madness The Falcon Community Center hosts a double feature movie madness at 6 p.m. For more information, call 782-4679 or 782-4619.

Pool tournament The Loring Club hosts a nine-ball pool tournament at 7 p.m. For more information, call 782-4312 or 782-4575.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Pool tournament The Loring Club hosts a nine-ball pool tournament at 7 p.m. For more information, call 782-4312 or 782-4575.

Sumo wrestling The Loring Club hosts sumo wrestling. For more information, call 782-4575 or 782-4312.

Oriental buffet The Loring Club has an Oriental buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.



Photo by Staff Sgt. Maritza Freeland

COOKING CLASSES: Capt. Dina Malone, 8th Medical Group, teaches Tech. Sgt. Linda Butcher, 8th Communications Squadron, how to cook Pancit during the Asian-Pacific American Heritage Month Tuesday at the SonLight Inn. People also learned how to cook Lumpia. For more information on Asian-Pacific American Heritage Month events, call the 8th Fighter Wing Military Equal Opportunity Office at 782-4053.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members a free taco bar 6 to 9 p.m. in the ballroom.

Photo club The Falcon Community Center’s photo club meets at 6 p.m. For more information, call 782-4679 or 782-4619.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Thursday

Mongolian barbecue The Loring Club offers Mongolian barbecue 5:30 to 8:30 p.m.

Italian buffet The Loring Club has an Italian buffet 11 a.m. to 1 p.m.

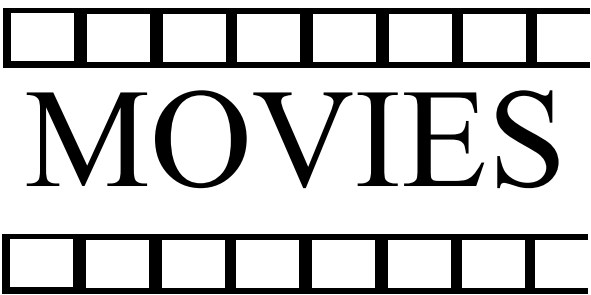
Pingpong tournament The Falcon Community Center has a pingpong tournament at 7p.m. It’s the best two out of three games. The winner receives a phone card.

Everland trip The Falcon Community Center has a trip to Everland, a comprehensive leisure complex with amusement facilities, a botanical garden and a zoo. The bus departs at 7 a.m. and returns at 8 p.m. Registration deadline is today. The entry fee is 26,000 won. The cost is \$20 and \$16 for senior airmen and below.

Ladies’ night The Yellow Sea Bowling Center offers a ladies’ night. Ladies bowl free all night.

Country night The Loring Club has a country night with a disc jockey. For more information, call 782-4575 or 782-4312.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.



Saturday

“What a Girl Wants” (PG) 7 and 9:30 p.m.

Sunday

“Daredevil” (PG-13) Starring Ben Affleck and Michael Clarke Duncan. 7 and 8:30 p.m.

Monday

Closed

Tuesday

“Daredevil” (PG-13) 8 p.m.

Wednesday

“The Hunted” (R) Starring Tommy Lee Jones and Benicio Del Toro. 8 p.m.

Thursday

“Old School” (R) Starring Luke Wilson and Will Ferrell. 8 p.m.

The theater is now closed Mondays. For more information, call 782-SHOW.



Tonight

“What a Girl Wants” (PG) Starring Amanda Bynes and Colin Firth. 7 and 9:30 p.m.

Memorial Day block party

There is a Memorial Day block party in the parking lot of building 755 featuring the Soto Band from Los Angeles.

Photo club

The Falcon Community Center’s photo club takes a trip into the country side 8 a.m. May 17. For more information on the trip or on the photo club, call 782-4679 or 782-4619.

Education

College registration Registration for term four runs through May 24. Class schedules are out. For more information, stop by the education office.

Troop-to-Teachers Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troops-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office's new Web site is www.jobs2teach.doded.mil.

CLEP/DANTES The education office offers CLEP/DANTES testing 8 a.m. Mondays and Fridays, and 8 a.m. and 1 p.m. Wednesdays. Call 782-5148 for an appointment. The Rosenblum Library offers a variety of CLEP and DANTES study material for loan. The library is open 9:30 a.m. to 9:30 p.m. daily.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

FSC

Walking tour The family support center sponsors a Gunsan City walking tour 9 a.m. to 4 p.m. today. To register, call 728-5644.

Financial management A personal financial management program class is 2 to 3 p.m. Monday in building 755, room 215. Air Force Instructions make this class mandatory for all E-4s and below at their first duty station. For more information, call 782-5644.

Home buying class The family support center offers a home buying class 10 to noon Tuesday in building 755, room 215. For more information, call 782-5644.

Cooking class The family support center offers a Korean cooking class 11:30 a.m. to 1 p.m. Thursday at the SonLight Inn. For more information, call 782-5644.

TAP Workshop The family support center hosts a transition assistance program class 8 a.m. to 4 p.m. June 26. Topics include: job search, resume writing, interview techniques, career exploration, legal affairs, medical insurance, Veterans Affairs benefits, relocation decisions, etc. For more information, call 782-5644.

Sponsorship Training The family support center gives sponsors the tools to help make new members' transition to Kunsan an easy one. Training is 10 to 11 a.m. every third Wednesday at the Sonlight Inn. Registration required, call 782-5644.

Return, reunion The family support center hosts a return and reunion briefing 3:30

p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

Smooth Move A briefing to answer questions about permanent-change-of-station moves is 1 to 2:30 p.m. the second Wednesday of the month at the SonLight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

Survival Korean language class two-hour class teaches students how to read and write the Korean alphabet and also includes basic travel expressions. Class is 5 p.m. Thursday. Registration required, 782-5644.

Volunteer Opportunities

SonLight Inn The SonLight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer May 30 through Aug. 29. If interested or for more information, call Airman 1st Class Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage Volunteers are needed to help at the local Kae Chong Orphanage on a weekly basis. Kunsan people spend time with 40 children on Thursday nights. There is an English lesson and snack time that lasts for two hours. For more information, call Staff Sgt. Lynetta Williams or Staff Sgt. Jesse Hernandez at 782-4035.

Commissary bagging Base members can volunteer to sack groceries 1:30 to 6:30 p.m. weekends for tips. Sign up at the commissary.

Chapel

Protestant services General Protestant Worship Service is 11 a.m. Sundays and the Contemporary Praise and Worship Service/Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the Inspirational Praise and Worship Service is 7:30 p.m. Fridays at the chapel.

LDS Services are 3 p.m. Sundays at the chapel.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

Catholic services Mass is 5:30 p.m.



Photo by Staff Sgt. Maritza Freeland

CINCO DE MAYO: Members of the Wolf Pack celebrate Cinco de Mayo at the Loring Club Saturday. Events included taking a swing at a pinata, eating free food and dancing. Prizes also were given away.

Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room. An "Overview of the Scriptures" is 7 p.m. Thursdays in the chapel conference room.

SonLight Inn hours The SonLight Inn is open 6 p.m. to 10 p.m. Mondays through Thursdays, 6 p.m. to midnight Fridays, 8 a.m. to midnight Saturdays and 8 a.m. to 10 p.m. Sundays. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Adult Sunday School, 9:30 a.m. Sundays, SLI, room 3.

☐ Basic Christian Training, 9:30 a.m. Sundays at the SLI, room 3.

☐ Korean-American Bible Study, 7:30 p.m. Mondays at the SLI, room 1.

☐ Women's Fellowship, 7 p.m. Tuesdays and

every third Thursday at the SLI, room 2.

☐ Mid-Week Spiritual Boost, 12:15 p.m. Wednesdays at the chapel.

☐ Intercessory Prayer, 8:30 p.m. Saturdays at the SLI, room 2.

Miscellaneous

Changes of command The 8th Maintenance Operations Squadron change of command ceremony is 9 a.m. today in Hangar 3.

The 8th Mission Support Group change of command is 9 a.m. Monday in Hangar 3. Lt. Col. Douglas Tucker will assume command from Col. Timothy Byers.

The 8th Operations Group change of command is June 4 at 9 a.m. in Hangar 3.

The 8th Operations Support Squadron change of command is June 6 at 9 a.m. in Hangar 3.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Free

Free fish I'm PCSing soon and need to find a home for my fish. All you need to do is provide a tank. I don't want to have to flush them. For more information, call Staff Sgt. Sara Wells at 782-5770 (work) or 782-9809 (home).

Wanted

Accounting technician The chapel has a part-time job opening for an accounting technician starting May 1. For more information, call Tech. Sgt. John Middaugh for a position description and work statement at 782-4300.

Temple tour

The family support center sponsors a trip to the Eunjeok Temple 9 a.m. to 3 p.m. May 17. For more information or to register for the tour, call 782-5644.

Airmen's action council

The airmen's action council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend. For more information, call Senior Airman Catherine Hagin, at 782-7383.

Traditional wedding

The family support center sponsors a traditional wedding trip 10 a.m. to 8 p.m. May 31 in Jeonju. For more information or to register, call 782-5644.

Need a taxi?

If you need a taxi, call 782-4318.

Assassins kill All-Stars

71-65 victory in all-star game

By Staff Sgt. Chuck Walker
8th Communications Squadron

An all-star game is meant to showcase the best talent on base in a particular sport for a particular season.

With that thought in mind, Monday's intramural basketball all-star game did not disappoint — neither did the half time slam dunk contest.

William Ziemann scored a game-high 25 points and Chris Blackmon tossed in 17 to lead the All-Star Assassins to a 71-65 victory against the All-Stars.

The Assassins used a 10-point run by reserve point guard Fernando McMillan, who knocked home two three-point buckets and two layups, to put the game out of reach for the All-Stars.

"Mac was the key," Blackmon said. "He came through when we needed it. He hit a couple of big threes and we were able to go up by nine and that kind of put them away. He initiated it, and we were able to hang in there."

In a game the Assassins were supposed to dominate, due to the number of base players on its team, the All-Stars hung close throughout.

In fact, it took a late 7-0 run right before halftime to give the Assassins a 33-31 lead at the break.

The second half was much the same, nip-n-tuck throughout until McMillan got hot. McMillan, who had not scored until that point, staked the Assassins out to 64-53 lead.

The All-Stars were able to cut the lead to one, but that's as close as they could get.

Tim Parlor led the All-Stars scoring with 21 points.

Ziemann, who also won the dunk contest at halftime, said he thought the Assassins proved they wanted to win more.

"We did a good job of moving the ball around and we were really playing well together," Ziemann said. "They really played us tough on the boards, that's where they killed us. But we were able to keep our poise. We were just



Photo by Senior Airman David Miller

Tim Parlor, 8th Communications Squadron and member of the All-Stars, goes up for a slam dunk during the slam dunk contest held during half time of the all start basketball game. William Ziemann, 8th Civil Engineer Squadron and member of the Assassins, won the contest.

hungrier than they were."

Blackmon echoed Ziemann's remarks.

"We wanted to win; they just wanted to hang in there," Blackmon said. "That was the difference."

Parlor said it was not only a great performance for his team, but he was pleased with his own play as well. He also said his team just got winded down the stretch.

"This was one of the best games I played in, individually," Parlor said.

"This will be one to remember. We came in as underdogs and we were able to hang in there the whole game, thanks to our coach. We just got tired late. They out-pressured us the last minute and we came up short."

Ziemann also summed up what winning the dunk contest meant for him.

"That was my third time ever in a dunk contest, and I had won my previous two, so I came in wanting to win," Ziemann said. "I wanted to prove that white men can jump."

SPORTS SHORTS

4x400 meter relay

The race is set for 9 a.m. Saturday at the track. Sign-up at the fitness center.

20-mile stationary bike race

The race is set for 1 p.m. Saturday. Sign-up at the fitness center.

10K 2-person biathlon

The race is set for 9 a.m. May 17. Sign-up at the fitness center.

Push-up/sit-up contest

The contest is set for 3 p.m. May 17. Sign-up at the fitness center.



Colonel runs 1,000 miles

After completing his goal of running 500 miles during a 90-day tour to Incirlik Air Base, Turkey, Lt. Col. Rod Matte, Operation Northern Watch commanding generals executive officer, upped his goal to 1,000 miles when his tour was extended to 150 days. Running about the equivalent of a marathon — 25 miles — every two days for the last three weeks, Matte has pushed himself hard to complete his goal of another 500 miles in two months. Matte was deployed along with more than 1,400 British, Turkish and U.S. troops who made up ONW.

USAF Marathon registration

Registration is underway for the 2003 U.S. Air Force Marathon scheduled for Sept. 20. Reduced fees for early registration are available until June 30. Registration deadline is Sept. 4. To register, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at (937) 257-4350 or (800) 467-1823.

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday

5:30 a.m. - Aerobics
5:45 p.m. - 15-minute Abs
6 p.m. - Step Challenge

Tuesday

5:30 a.m. - Aerobics
6 p.m. - Step Challenge

Wednesday

5:30 a.m. - Aerobics
5:45 p.m. - 15-Minute Abs
6 p.m. - Kickbox

Thursday

5:30 a.m. - Aerobics
6 p.m. - Step Hi/Lo

Friday

5:30 p.m. - Aerobics
6 a.m. - Boot camp

Saturday

10 a.m. - Step Mountain
11 a.m. - 15-minute Abs

PACAF - Fit to Fight



Photo by Senior Airman David Miller

MSG FAREWELL: Members of the 8th Mission Support Group participated in a sports day May 2 to say farewell to Col. Timothy Byers, 8th MSG commander. People participated in a single pitch softball tournament, bowling, golf, tennis, volleyball, horseshoes and soccer. 8th MSG members also attended a barbecue.

SCORES & MORE

BOWLING

American League		
	W	L
Red Devils	161	63
SUPS A	136	88
Fabrication	136	88
Med Dawgs	132	92
SVS	126	98
TRANS	120	104
COMM A	120	104
OSS A	118	106
MOS	115	109
35th AMF	114	110
SFS	110	114
80th AMF	90	134
Munitions 2	86	138
COMM B	70	154
GateKeepers	63	161
Army	41	183

National League		
	W	L
Kwang Ju	128	88
PMEL	125	91
Bad Ammo	125	91
Fuels Shop	120	96
Big Green Truck	120	96
MDG B	118	98
Wing Dings	117	99
8 CPTF	116	100
Avionics	115	101
QA “Buzzards”	104	112
OSS Dumbells	96	120
MDG C	96	120
80th AMF B	86	130
Munsons	84	132
Jack Stogies	74	142
Post Office	60	156

VOLLEYBALL

American League		
	W	L
E-BTRY	3	2
MDG A	5	1
COBRA 2	3	1
LRS	4	2
AMXS	2	4
MXO	5	1
OG	0	4
SVS	0	4
MXS B	1	4

National League		
	W	L
MDG B	2	4
CPTF	0	6
Death Volley	5	0
CES	4	2
MXS	6	0
COMM	4	3
F-BTRY	1	5
SFS	2	4

Spin classes

The sports and fitness center and the health and wellness center offer spin classes.

HAWC —

Today Noon and 5 p.m.

Monday Noon and 5 p.m.

Wednesday Noon and 5 p.m.

Fitness center —

Today 5 a.m.

Tuesday 5 a.m.

Thursday 5:15 a.m.

Fitness center hours

The sports and fitness center hours are:

Monday to Thursday

4:30 a.m. to midnight

Friday

4:30 a.m. to 11 p.m.

Weekends, holiday and down days

8 a.m. to 9 p.m.

Golf course

The West Wing Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to complete in tournaments are required to have a handicap. Handicaps can be established by turning in score-cards to the pro shop with name and date estimated return from overseas indicated. Establishing a handicap is free.

New program tracks workouts

FitLinxx helps people reach fitness goals

By Staff Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

You might not notice the changes at the fitness center at first, but a fitness improvement has been made.

FitLinxx, an interactive workout program, has been installed. In the lobby, customers will see two kiosks where they can log in with a pin number to let the computer know they’re there for a work out. Little computer screens also are attached to 12 Cybex machines and 30 pieces of cardio equipment. These screens tell the patron how many repetitions they need to do and at what weight. It also monitors the range of motion, miles completed and calories burned.

Two kiosks also can be found in the free weight room for people to enter their workouts there as well.

“FitLinxx is not an incentive program. It’s an interactive workout partner,” said Tech. Sgt. Jeffrey Overly, fitness center. “It’s used for personalized workouts and gets rid of notebooks to annotate workouts.”

It takes about 45 minutes to an hour

to get a person online. The patron comes in and tells a fitness center staff member what he’d like to accomplish with the workout program. That information is then entered into the computer. When that is done, the staff member shows the patron how to properly use FitLinxx and the exercise equipment.

People on the monitored fitness improvement program will be entered into the computer first, said Tech. Sgt. Charles Marshall, fitness center.

“Each unit will supply a fitness monitor to track people in their units,” he added.

The systems has been installed, but it isn’t up and running for use yet. The fitness center staff and unit monitors still need to undergo training first. However, Overly is hoping everything will be ready to go June 1.

According to Overly, FitLinxx is being installed around PACAF because Gen. William Begert, the PACAF commander, is big on physical activity and wanted to track his workouts no matter where he was in the command.

Another perk of this program is, patrons receive a pin number to log in. This pin number can be used to enter workout information into the FitLinxx system if you’re TDY or on midtour at www.fitlinxx.com.

For more information, call the fitness center staff at 782-4026.



Armed Forces Day
10K biathlon

The fitness center
sponsors a two-person
10K biathlon
9 a.m. May 17.
For more information, call
782-4026.

Everyone should have exercise checklist

By Lt. Col. Harvey Kelley
14th Medical Operations Squadron

COLUMBUS AIR FORCE BASE, Miss. — Air Force pilots are trained that checklists are one of the most important tools in the aeronautical decision-making process.

Pilots at all stages of flying from the student to the command pilot use checklists. Pilots use a very extensive checklist during preflight to determine airworthiness of the aircraft.

As there are checklists for the aircraft, there are also checklists to evaluate a pilot’s fitness to fly.

These checklists are essential to the safety of the pilot and aircraft.

But is there a checklist that people who aren’t aircrew members can use to evaluate their health status? As a preventive medicine flight commander and a dentist by profession, I know optimal health can only be achieved by prevention.

Prevention can be thought of in two ways. One is to prevent accidents, illness or disease in the first place. The other is prevent an illness from progressing.

The following checklist can be used in both areas of prevention.

☐ Medications: Am I taking medications as prescribed? Many diseases and chronic problems can be controlled and or prevented with medication.

☐ Surgery: In many instances surgery is life saving.

☐ Nutrition: Do I eat too much? It has been shown that decreasing the daily intake of food by one third will increase your life by 10 years. Do I eat the right types of food? The body needs the correct amount of proteins, carbohydrates and fats. Do I get enough water? Recommendations are usually about 64 ounces per day.

☐ Exercise: Do I move my muscles enough? Muscles need to be involved in an activity that keeps them in condition to perform activities of daily life.

Stretching increases flexibility and is important for muscle and bone health.

☐ Sleep: Do I get enough sleep and is it good sleep? Research indicates most people are sleep deprived. Studies have consistently shown the average person needs 10 hours of sleep per day.

☐ Stress: Am I too stressed? There are many stressors in life and there are two main categories of stressors that play a major role, mental and emotional. Mental are those that are short lived. An example is a flat tire. The flat gets fixed, and the mental stressor is gone. Emotional stressors are usually chronic and are produced from feelings of not being in control. These types of stressors are associated with chronic health problems.

This checklist will provide a place to start as you look at prevention in your everyday life. Prevention is the foundation upon which to build optimal health and take responsibility for ones own wellness.

May Fitness Month
Sports Day May 31

- 9 a.m. - Opening Ceremony at fitness center
- 10 a.m. - Racquetball tournament at fitness center
- 10 a.m. to 3 p.m. - Spin/Aeroba-thon at fitness center
- 11 a.m. - Tug of War at football field
- 1 p.m. - Home run derby at softball field
- 1 p.m. - 3-on-3 basketball tournament at fitness center
- 2 p.m. - 2-on-2 beach volleyball at CE squadron lounge
- 2 p.m. - Open horseshoe doubles at CE squadron lounge
- 2:30 p.m. - Chiefs/Eagles softball at softball field
- 4 p.m. - 5K run/walk at fitness center
- 4 p.m. - 100-meter dash at track
- 4:30 p.m. - 4x400 meter relay at track
- 6:30 p.m. - Closing Ceremony at football field

For more information, call the fitness center or squadron sports representatives.

Stationary
bike race

The fitness center
sponsors a
stationary bike
race 1 p.m.
Saturday. For
more information
or to register, call
782-4026.

Hollandia

By Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

Mention the Hollandia campaign to any member of the 80th Fighter Squadron — past or present, young or old — and they’ll know what you’re talking about.

For the old-timers, the word “Hollandia” conjurs up images of four days of intense aerial combat over the northern coast of New Guinea in 1944.

Today, that 59-year-old legacy is still alive and well with members of the 80th FS here and around the world, according to Capt. Jason Hokaj, Hollandia project officer for the 80th FS.

To commerate the accomplishments of their predecessors, the squadron invites one or more units to Kunsan for some air-to-air training each spring. This year, the unit invited Marine Fighter Attack Squadron 212 from Iwakuni, Japan.

“This is the time of the year when we get to focus on our history and train solely in the air-to-air arena,” Hokaj explained. “It is invaluable.”

And the history lesson also is important.

As ground forces struggled for control of a strategic Japanese base at Hollandia, the men of the 80th FS provided air cover and fought their way into the history books.

“Of course, we did have better single days in air-to-air combat, like the 13 aerial victories on June 21, 1943, but the ‘Four Days of Hollandia’— March 30 and 31, April 3 and 12 — stand out for several reasons,” wrote retired Col. Jay Riedel, a former member of the unit, in his history of the 80th.

The legacy established by the Headhunters in that campaign includes 33 air-to-air victories without a single friendly loss, and becoming the first U.S. fighter squadron to ever score more than 200 victories.

Not to be outdone by their flying counterparts, the maintenance crews of the 80th FS played their part by ensuring all 26 squadron aircraft were mission ready to fly a minimum of three sorties a day.

Though the only thing at stake during the mod-



Marine Corps photo

A Marine Corps F/A-18 conducts an in-flight refueling. For two weeks, the Wolf Pack hosted 130 Marines from Marine Fighter Attack Squadron 212, based at Iwakuni, Japan, as the 80th Fighter Squadron hosted “Hollandia,” a training exercise that comemorate the 80FS’s air-to-air legacy.

ern Hollandia campaign is bragging rights, both the maintenance crews and pilots from the 80th FS and Marine Fighter Attack Squadron 212, based at Iwakuni, Japan, had plenty to keep them busy as they went head-to-head against platforms they don’t train against “nearly enough,” according to Hokaj.

“Other than certain different terms that are different between the services, we are remarkably similar in the way the we train and are expected to fight,” he said. “There are little nuances that we all benefit from learning about one another.”

While the training requirements of the two units and the aircraft they fly are very similar, there are some important differences between the F-16 and the F/A-18, Hokaj said.

“The F-18 is better at slower speeds than the F-16, but the F-16 can accelerate faster,” he explained. “The slow speed capabilities of the F-18 are eye opening to F-16 pilots who have never seen it before. It’s amazing that we have the capability to make something like this happen for the sake of history, tradition and training.”

80th Fighter Squadron “Headhunters”

The 80th Pursuit Squadron was formed Jan. 6, 1942, at Mitchell Field, N.Y. The 80th, along with the 35th and 36th Pursuit Squadrons, formed the 8th Pursuit Group and was deployed to the Pacific theater in March 1942.

The unit was deactivated Dec. 26, 1945, as part of the post-war draw-down, but was activated in February 1947 and assigned to the newly formed 8th Fighter Group, which again included the 35th, 36th, and 80th Fighter Squadrons, and was based at Itazuke, Japan.

During the course of World War II, the “Headhunters” traveled over 60,000 air-miles, deployed to 21 different locations in 3.5 years, accounted for over 225 enemy aircraft destroyed in the air (second highest squadron in the theater, and overall second highest twin-engined allied fighter squadron in the war), received the Presidential Unit Citation, 10 campaign credits, four Distinguished Unit Citations, and the Philippine Presidential Unit Citation. Among the 24 “Headhunter” pilots who became aces were Maj. Jay Robbins, the 8th Fighter Group’s leading ace with 22 confirmed kills, and Maj. Richard Bong who, with 40 confirmed kills, was the American “Ace-of-Aces.”

North Korea invaded South Korea June 25, 1950. The next day, the “Headhunters” once again joined and the rest of the 8th Fighter-Bomber Wing entered combat as it provided air cover for the evacuation of American forces from Seoul. Other than these initial missions, the 80th spent the rest of the war flying bombing and close air support missions. The squadron was the first American unit to employ jet fighters in combat and also the first American unit to lose a pilot in the war, Maj Amos Sluder, the squadron commander. During the war, the unit produced three aces, and earned the Presidential Unit Citation, two Distinguished Unit Citations, 10 campaign credits, the Korean Service Medal, and two Republic of Korea Presidential Unit Citations. The unit’s Maj. Charles Loring received the Medal of Honor posthumously.

After the Korean War, the 80th moved from Suwon, South Korea, to Kadena, Okinawa, where it remained until 1956 when it moved back to Itazuke, Japan. In 1958, the unit was redesignated as the 80th Tactical Fighter Squadron.

In May 1964, the unit moved to Yokota Air Base, Japan, where it was attached to the 41st Air Division. A few months afterwards, the 8th Tactical Fighter Wing moved to the United States, so the “Headhunters” were reassigned to the 41st Air Division. Stationed at Yokota until 1971, the 80th Tactical Fighter Squadron served under several different parent units. During the Vietnam War, the 80th TFS flew 2,657 combat missions over North Vietnam and members of the unit received seven Silver Stars, 64 Distinguished Flying Crosses and 426 Air Medals. The unit also produced one ace, Jeff Feinstein, an F-4 weapons systems officer.

On Feb. 15, 1971, the squadron moved from Yokota to Kunsan and was temporarily assigned to Det. 1, 475th TFW and was reunited with the 8th Tactical Fighter Wing in 1974. In Sept. 1981, the 8th TFW became the first unit stationed overseas to convert to the F-16 Fighting Falcon. On Feb. 3, 1992, the 80th Tactical Fighter Squadron was redesignated the 80th Fighter Squadron and reassigned to the new 8th Operations Group.



“AUDENTES FORTUNA JUVAT”
Fortune Favors the Bold

Marine Fighter Attack Squadron 212 “Lancers”

Marine Fighter Attack Squadron 212 was originally activated as VMF-212 the “Hell Hounds” at Ewa Territory of Hawaii March 1, 1942. Deploying immediately to the South Pacific in their F4F Wildcats, the Hell Hounds engaged the Japanese at New Hebrides, New Caledonia and later Guadalcanal as part of the “Cactus Air Force” at Henderson Field. The Hell Hounds acquired an enviable record by destroying 64.5 enemy planes. Of this number, Lt. Col. Harlold “Indian Joe” Bauer, the squadron’s first commanding officer, was credited with 11 kills and posthumously awarded the Medal of Honor for his valor. The squadron went on to participate in operations off of Midway, Esprit Santo, Treasure Island, Russell Islands, Bougainville and Raboul. During operations in the Philippines in May 1945, the Hell Hounds converted to the F4U-4 Corsair, renamed themselves the “Musketees”, and later supported the American invasion of Okinawa. During World War II, VMF-212 was credited with 132.5 enemy aircraft destroyed, countless tons of shipping sunk, and earned two Presidential Unit Citations for the Guadalcanal-Tulagi and Okinawa-Ryukyus campaigns.

With the outbreak of the Korean War four years later, 212, now with the designation of a Marine Attack Squadron and known as the “Devil Cats,” was flying combat missions. In September 1951, the unit became one of the first land based squadrons to conduct operations from Kimpo Airfield near Seoul. For the next 2.5 years VMA-212 was continually employed in Korea including flying close air support for the 1st Marine Division’s breakout at Chosin Reservoir. With the signing of the Cease Fire Agreement in July 1953, the total number of combat missions flown by 212 was 18,257 with a total flying time of 39,893 hours. The unit remained in Korea until February 1955 when its personnel and AD-1 “Skyraiders” departed aboard the USS Wasp for Hawaii to join the 1st Provisional Marine Air-Ground Task Force.

In April 1965, the squadron, now known as the “Lancers” sailed aboard the USS Oriskany to the coast of Vietnam to augment the power of the Naval Air arm at Yankee Station. The Lancers flew missions in North and South Vietnam. Later, in April 1972, the squadron deployed from Hawaii to Da Nang, South Vietnam, in an effort to blunt the massive North Vietnamese invasion of South Vietnam. VMFA-212 earned a Meritorious Unit Citation for its effort in Vietnam.

From 1974 until 1987, VMFA-212 deployed numerous times to Japan and the West Coast earning the Chief of Naval Operations Aviation Safety Award, the Robert M. Hanson Award, and the Meritorious Unit Citation. During October 1988, VMFA-212 completed its seventh and final rotation in the UDP as an F-4 “Phantom” squadron. With the last F-4 sorties flown in August of 1988, over 23,000 accident-free hours had been accumulated. The F/A-18C “Hornet” was received at this time and continues its outstanding performance today.

On Dec. 10, 1990, the squadron deployed to Bahrain and joined MAG-11 in support of Operations Desert Shield and Storm. From Jan. 1 to 16, 1991, the Lancers maintained combat air patrol off the coast of Kuwait and focused on contingency mission planning. In the early hours of Jan. 17 the Lancers flew their first combat missions since Vietnam.

On Aug. 13, 1996, the Lancers took off for the final time from NAS Miramar, Calif. enroute to MCAS Iwakuni, Japan. After a successful six month UDP cycle the Lancers became a permanent resident of MCAS Iwakuni.



“TRAIN TO FIGHT, FIGHT TO WIN!”